



# Base Bulletin

Vandenberg AFB, CA 93437-0759



19 November 2003

No. 47

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCSP by noon Friday, the week before you want your item to appear. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

## SECTION II — OFFICIAL

### 1. Team Vandenberg:

**a. Estate Claim:** Colonel Frank Gallegos, 30 SW/CC, regrets to announce the death of SSgt Jason A. Lucas of the 576th Flight Test Squadron. Anyone having claims for or against the estate of SSgt Jason A. Lucas, deceased, please contact Capt David M. Franklin, 576th Flight Test Squadron, at (805) 605-6345 or mail to Capt David M. Franklin C/O 30SVS/CC, Vandenberg AFB, CA 93437-6261. (576FLTS/TEOM, 5-6345)

**b. Mail Restrictions For Deployed Service Members:** Each country has customs regulations that apply to all mail (including U.S. military mail) coming into that country. These may include prohibitions on certain kinds of food or entertainment products. Also, some military units may have additional restrictions imposed by the theater commander, such as size and weight restrictions, to ensure logistics support can handle the mail without delays. Military ZIP Code restrictions may change as military units move to different locations. All applicable restrictions for approximately 3,000 overseas military ZIP Codes are entered into the U. S. Postal Service computer terminals and published in the Postal Bulletin. The general public may review details of all applicable restrictions by going to the USPS public web page <http://www.usps.com/cpim/ftp/bulletin/2003/html/pb22115/apofpo.html>. Call Julio Newman, 6-6545 for more information. (USPS)

**c. Legal Assistance:** Military members, dependents, and retirees are eligible for free legal assistance. Legal assistance hours are 0830—0930 Monday, Wednesday, and Friday and 1530—1630 Tuesday and Thursday. The legal office can draft wills, as well as provide advice on numerous topics such as consumer law or landlord/tenant issues. Powers of Attorney and notary services are also available. No appointment necessary, clients are seen on a first come, first serve basis. The Legal Office is located in Bldg 10577, Suite C-100. (30SW/JA, 5-6200)

**d. Office Closure:** The Legal Office will be closed from 20 Nov 03—1 Dec 03 for office renovation. Legal Assistance will not be available during that time. If you are scheduled to deploy in November, please make arrangements to visit our office prior to 20 Nov 03 for any legal advice, documents, wills, or powers of attorney. If you have any questions, please contact MSgt Cary Rosson at 5-6200. (30SW/JA, 5-6214)

**e. Office Closure:** The Claims Office will be closed 20 Nov 03—1 Dec 03 for office renovation. The statute of limitation to file a claim is two years from the date of delivery or date of incident. If there is anyone who must file a claim during this timeframe, it is important that you call and schedule an appointment. Any appointments you make now will be for after 01 Dec 03. If you have any questions, please call TSgt Yuvonne Prince or Ms. Annie Toves at 5-6214. (30SW/JA, 5-6214)

**f. Holiday Safety Campaign Kick-off:** Briefings will be held on Monday, 24 Nov 03 at the Pacific Coast Club. There will be four sessions: 0800, 1000, 1300 and 1500. Please mark your calendars and plan to attend. Events planned for 24 Nov 03 include welcoming remarks by Col Gallegos and senior staff, CHP brief,

**TEAM VANDENBERG**

Public Health brief, ADAPT trailer, ORM brief by 30 SW/Flight Safety, Fire Department brief, and planned later in the season: Fatal Vision Goggles (Drive Course). (30SW/SEGB, 6-8806)

**g. Office Closure:** The 30CPTS Financial Management Flight (Accounting Liaison Office, Travel, Military, and Civilian Pay) will be closed for training on 24 Nov 03. The Financial Analysis Flight (Budget) will be open for business. If you have a financial emergency, please call Lt Finan at 588-0701. (30 CPTS/FMFC, 6-4630)

**h. Office Closure:** The MPF will be closed on Monday, 24 Nov 03 from 1130 to 1400 for an official function. Please plan your business accordingly. (30MSS/DPMAE, 6-1887)

**i. Office Closure/Move:** The Pass and Registration office will be closing at 1200 on 25 Nov 03. We will be closed from that date until 1 Dec 03, at which time we will open directly across the hall at Customer Service, Rm. C-114. The new hours will be 0800—1600 on Monday, Tuesday, Thursday, Friday, and 1000—1600 on Wednesday. (30SFS/SFOXI, 6-1853)

**j. Thanksgiving Day Meal at Breakers:** We will be open for breakfast from 0600—0900. The Thanksgiving Meal will be served from 1100—1700, by Team Vandenberg Commanders, Chiefs and First Sergeants. Midnight meal will be at regular time: 2300-0100. (30SVS.SVMF, 6-5496)

**k. Team Vandenberg Holiday Party:** The Holiday party will be held on 5 Dec 03 at the Pacific Coast Club. All ranks are welcome to attend. Social hour begins at 1730; dinner begins at 1830. See your Squadron First Sergeant for tickets and more information. Contact the First Sergeant Association and 30MSS. (30MSS/DPMAE, 6-1887)

**l. Operation Kids' Christmas Needs Escorts Now:** Operation Kids' Christmas still needs escorts for the children during the party. To escort contact 1 Lt Brendan Epps, 6-6724, [Brendan.Epps@vandenberg.af.mil](mailto:Brendan.Epps@vandenberg.af.mil) (Best if you volunteer by e-mail). Please include in the subject of your email that you'd like to help as an escort. The party will be Saturday, 6 Dec 03 at the Pacific Coast Club. Escorts should arrive at 0900 in Service Dress, the party will go 1000 to 1300. (576FLTS/TMGM, 6-6724)

**m. Retirement:** Detachment 9, Space and Missile Systems Center/CLV requests the pleasure of your company at the Retirement Luncheon in honor of Carolyn E. Pflepsen after 24 Years Of Service, Wednesday, the tenth of December at twelve o'clock in the afternoon at Federico's in Buellton, Cost is \$18, Mexican Buffet. RSVP NLT 3 Dec 03, [Bonnie.Purvis@Vandenberg.AF.Mil](mailto:Bonnie.Purvis@Vandenberg.AF.Mil), at 6-3863. Please indicate at the time of the RSVP if you plan on giving a presentation (DET9/CLV)

**n. Retirement:** Colonel Randy K. Turner, Commander, Detachment 9, Space and Missile Systems Center requests your company at a retirement ceremony to recognize SMSgt Robert M. Plouffe's 24 years of dedicated service to his country. This ceremony will be held on 19 Dec 03, 1400, Bldg 8500, in the RRC. For additional information, please contact CMSgt Lewis at 6-6772. (DET9/CCS)

**o. Dorm Manager Opening:** Attention all Master Sergeants, the 30th Mission Support Group has an immediate opening for a Dorm Manager. The position is for Chief, Unaccompanied Housing and is a 2-year controlled Special Duty tour with the award of the 9D000 Special Duty Identifier. Come join a dynamic dorm management team that makes an everyday difference in the quality of life for dorm and unaccompanied housing residents! Only highly motivated Master Sergeants are encouraged to apply by sending a letter of recommendation from their commander, and copies of their last three EPRs to 30MSG/CD. Submission deadline is COB, 5 Dec 03. For further information, please contact SMSgt Brian Joseph at 6-2990. (30MSG/CCH, 6-3933)

**p. Air Force Expeditionary Service Ribbon (AFESR):** Effective 1 Oct 99, members who have completed contingency deployments of 45 consecutive or 90 days non-consecutive may be eligible to receive the Air Force Expeditionary Service Ribbon. Members should report to their unit CSS with deployment orders & travel voucher to check eligibility. Once eligibility is verified, the CSS will complete the AF Form 104 authorizing the ribbon. Members should expect to see the ribbon updated to their electronic records on or around Mar 04 and the ribbon should be available for purchase at clothing sales on or around Jan 04. Questions can be directed to unit orderly room personnel or Kim Valentine, Awards & Decorations, at 6-7828. (30MSS/DPMPE)

**q. Air and Space Campaign Medal (ASCM):** Effective 24 Mar 99, members who provided direct support for 30 consecutive or 60 non-consecutive days to one of the below listed operations, at home station or from outside of the geographic area of combat may qualify for the ASCM. Operations that qualify are ALLIED FORCE (24 Mar 99 to 20 Jul 99), JOINT GUARDIAN (11 Jun 99 to DTBD), ALLIED HARBOUR (4 Apr 99 to 1 Sep 99), SUSTAIN HOPE/SHINING HOPE (4 Apr 99 to 10 Jul 99), NOBLE ANVIL (24 Mar 99 to 20 Jul 99), KOSOVO TASK FORCES HAWK (5 Apr 99 to 24 Jun 99), SABER (31 Mar 99 to 8 Jul 99), FALCON (11 Jun 99 to DTBD), and HUNTER (1 Apr 99 to 1 Nov 99). No member is eligible for both an ASCM and a DOD Campaign/Service medal awarded during a single tour in an ASCM designated operation. Members should

report to their MPF Awards & Decorations office with TDY orders and travel voucher to determine eligibility. Questions can be directed to Kim Valentine, Awards & Decorations, at 6-7828. (30MSS/DPMPE)

**r. Civil Service Vacancy Announcements:** In an effort to streamline the recruitment process, the Air Force Personnel Center (AFPC) is looking at making some changes in the posting of vacancy announcements. Currently, vacancy announcements change every Friday. In the near future, AFPC may begin posting vacancy announcements any day of the work week. Due to this possible change, employees and applicants are encouraged to start visiting the job announcement web site at [www.afpc.randolph.af.mil/](http://www.afpc.randolph.af.mil/) on a daily basis and/or subscribe to the Civilian Announcement Notification System (CANS) to receive notification of specific job announcements. (30MSS/DPCS, 6-3641)

**s. Disability Program Manager Vacancy:** Vandenberg AFB is currently looking for candidates to fill a Special Emphasis Program Manager (SEPM) vacancy for Persons With Disabilities. The Program Manager will address unique and special concerns of those employees who are disabled, assist in counseling the disabled about career opportunities, identify potential or existing problems which impede the advancement of disabled employees, and to help publicize the program to increase management and employees' awareness of program objectives. The SEPM is appointed to work with the Chief, Affirmative Employment on a collateral duty basis, spending approximately 20% of their duty time working on the program. If you are interested in being considered for this duty, please contact Cyndi Davis, Chief, Affirmative Employment at 6-3641. (30MSS/DPCS, 6-3641)

**t. Airman Against Drunk Driving (AADD):** Call us and we will come get you. 605-AADD/606-AADD. We care, do you? (30CES/CCS, 6-3612)

## 2. 30<sup>th</sup> Space Communications Squadron:

**Records Management (RM) Moving On Out:** Base Records Management (30 SCS/SCBR, InDyne/Northrop Grumman) will be relocating to Bldg 6525 (old ITT Complex), in cubicles B-31 and B-33 at the end of the month. Effective immediately, RM training will be held in the same building in Rm B-65 (Conference Room) and signs will be posted for location. (30SCS/SCBR, 6-4212)

## 3. Traffic Management Office:

**a. Separating, Retiring or PCSing?** PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

**b. It's Your Move:** If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on your upcoming move can be e-mailed to your computer. (30LRS/LGRT, 6-6932/33)

**c. Shipping Your Pet:** If you are PCSing overseas with your pet, the following website contains useful information and web links: <https://amclg.scott.af.mil/cgi-bin/index.pl?dd=/don/lgtp&ti=HQ+AMC/LGTP+-+Passenger+Policy>. HQ AMC Pet Brochures are available at TMO Passenger Travel, Bldg 11777, Rm C-113. (30LRS/LGRT, 6-6932/33)

## 4. Civilian Personnel: (30 MSS/DPCE, 6-5847)

**a. Federal Employees Health Benefits Open Season:** The annual Federal Employees Health Benefits Program open season began 10 Nov and ends at the close of business on 08 Dec 03. During open season, eligible employees may enroll in a health insurance plan for the first time, or make desired changes in current enrollments by contacting the Benefits and Entitlements Service Team at 1-800-997-2378, or at this web site <http://www.afpc.randolph.af.mil/dpc/BEST GRB/EBIS.htm>. Health plan brochures are also available at 30 MSS/DPCE, Bldg 11777, Rm B-103. (30 MSS/DPCE, 6-5847) **Thrift Savings Plan (TSP) Open Season:** During this next open season, 15 Oct—31 Dec 03, FERS employees may elect to contribute up to 14 percent of their basic pay and <http://www.afpc.randolph.af.mil/dpc/BEST GRB/EBIS.htm> CSRS employees may contribute up to 9 percent of their basic pay. The new contribution amounts will be effective dependent upon the date the employee makes their contribution election. **FERS** employees who are affected by the annual limit on elective deferrals should be cautious regarding the effective date of an increase in their contribution amount. Timing is extremely important to ensure these employees do not reach their annual limit prior to the end of the year. The Internal Revenue Service has announced the annual limit on elective deferrals will increase to \$13,000 in 2004. Federal civilian employees can use the Benefits and Entitlements Service Team (BEST) automated system, **1-800-997-2378**, or the EBIS website <http://www.afpc.randolph.af.mil/dpc/BEST GRB/EBIS.htm>. EBIS is a secure web program. As a result,



before you can access EBIS you must log into the AFPC Secure Web via CAC card or regular User ID and password. To get started, go to [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm) or click on the EBIS link provided on the BEST Homepage. Once within EBIS, you'll enter your social security number (SSN) and BEST personal identification number (PIN) -- another method of ensuring the security of your personal records and benefits transactions. Your **BEST** PIN is the same for both EBIS and the BEST phone system. To allocate the funds you are contributing to, access the TSP website at <http://www.tsp.gov>. (DPCE, 6-5847)

**b. Catch-Up Contributions** - Catch-up contributions are additional tax-deferred contributions, separate from regular TSP contributions. TSP participants who are age 50 and over and already contributing the maximum amount to the TSP without exceeding the \$13,000 IRS limit. Elections may be made via the BEST automated phone system by dialing 1-800-997-2378. The maximum allowable amount for catch-up contributions for 2004 is \$3,000. Catch-up contributions will automatically stop with the last pay date in the calendar year (19 Dec 03) or upon reaching the maximum catch-up dollar limit for the year, whichever occurs first. Participants must make a new election each year. Elections for the year 2004 may be made beginning 30 Nov 03. For those employees who turn age 50 between 1 Jan and 31 Dec 04, you may submit your election on or after 1 Jan 04. You may access the following website for more detailed information on the TSP catch-up contributions: <http://www.afpc.randolph.af.mil/dpc/BEST/Catch-Up.htm>. (30MSS/DPCE 6-5847)

**c. Injury Reporting:** The number of civilian injuries is up for this fiscal year, but reporting procedures have declined. Timely reporting of injuries can be very important to the injured employee, and it is also a requirement from the Department of Labor. With implementation of the electronic submission of **CA-1** and **CA-2 Claims Forms** now available, supervisors are able to report injuries immediately without leaving their office. A CA-1 claim form can be obtained from the following Electronic Data Interchange (EDI) website: [https://isdmid1.cpms.osd.mil/web\\_html/static\\_java\\_edi\\_sup.html](https://isdmid1.cpms.osd.mil/web_html/static_java_edi_sup.html). Once the claim is input, the form is printed and submitted to the injury compensation program administrator (ICPA) electronically (supervisors may want to include this website in their Internet "Favorites" so that the forms are readily available to them). Access to the ICPA EDI website is controlled. Only the ICPA, with the necessary password information, can get into the website. Also, please remember to provide a **CA-16, Authorization for Medical Treatment**, when an employee is sent to the doctor for their initial treatment. These forms can be obtained at the Civilian Personnel office, Bldg 11777, Rm B-103. (30 MSS/DPCE, 6-5847)

## 5. 30th Civil Engineering: (30CES)

**a. Biodegradable Yard Waste Bags:** Free environmentally friendly green waste bags are available to family housing residents. If you bag your lawn clippings, tree trimmings, or other yard waste, stop by the Self Help Store and pick up free lawn bags. These bags biodegrade quickly into compostable material which the base can use for mulching and erosion control projects. Best of all, they're Free! Contact Dennis Ford at 6-5726 if you have any questions.

**b. Proper Ventilation:** Due to our location mold and mildew can become a problem, but proper ventilation can prevent it. Turn on the bathroom exhaust fan and/or open a window in the bathroom during and after a shower or bath. If no window in the bathroom, leave the bathroom door ajar following the shower or bath and open windows in other rooms to create a cross draft for about 10 minutes. If mold and mildew manage to develop anyway, open windows in the affected area to facilitate drying, and scrub the area with a solution of one-cup bleach and one gallon of water, rinse and wipe dry. In the case of mold on painted surfaces, allow this solution to soak in before scrubbing lightly, rinsing and drying. If your carpet gets wet, dry it quickly to prevent the growth of mold under the carpet. You can use a fan directed at the wet area of the carpet to dry it and prevent the growth of mold. (30CES/CEH, 6-3477)

**c. Safety Notification:** Due to safety rules, regulations and governing directives, the refuse contractor will not be allowed to pickup any appliances that do not have the doors removed. Therefore, you are requested to remove the doors from any appliance prior to putting it on the curb for pick up. If you have a question please contact Service Contracts at 6-2330. (30CES/CEH, 6-3477)

## 6. 30th Medical Group: (30MDG)

**a. Optometry Appointments Available:** Just a reminder that the VAFB Optometry Clinic is open to all active duty, and TriCare Prime dependents (active or retired). Some "space available" appointments are available for all other categories of DoD beneficiaries. Per TriCare Prime guidelines, dependents of active duty are authorized one eye exam every twelve months; TriCare Prime retirees and their dependents are authorized one eye exam every twenty-four months. To schedule an appointment, please call the 30th MDG Optometry Clinic at 6-0468. (30MDG/SGGFE)

**b. Ordering Gas Mask Inserts:** All active duty that require spectacles for distance vision need to have a usable pair of gas mask inserts. If you need to order gas mask inserts, please stop by the Optometry clinic with your medical record, or call 6-0468 for an eye exam. (30MDG/SGGFE)

**c. Annual Mussel Quarantine:** The annual mussel quarantine has been extended **indefinitely**. The annual mussel quarantine is issued for the entire California coastline, usually from 1 May through 31 October, to protect consumers of sport-harvested shellfish from “red tide or paralytic shellfish poisoning (PSP) and domoic acid poisoning”. PSP is a form of nervous system poisoning. For more information, please call the Public Health Office at 6-0648. (30MDG/SGGM)

**d. 30<sup>th</sup> Medical Group Survey:** Your opinion matters. Starting 24 Nov 03, make your opinion heard! Located in the clinic lobby, the “OpinionMeter” is a new survey tool that will make your voice count. We want to hear “your opinions” regarding your medical care and our services. **Please** provide us this valuable feedback each time you visit the clinic! (30MDG/SGSB, 6-3012)

**e. Vandenberg Clinic Closure:** The Vandenberg Clinic will be closed 20 Nov 03 for Mandatory Medical Readiness Training. For urgent needs call 606-CARE or 1-888-252-3299. Please plan ahead for appointments and Pharmacy refills. (30MDOS/SGO, 6-3308)

**f. TRICARE Services:** TRICARE counseling is available. Contacts are Bonnie Robles 6-7483, [bonnie.robles@vandenberg.af.mil](mailto:bonnie.robles@vandenberg.af.mil) or Judith Monroe 6-6785, [Judith.Monroe@vandenberg.af.mil](mailto:Judith.Monroe@vandenberg.af.mil) Fax 5-4785. (30MDOS/SGO, 6-3308)

**g. TRICARE Services:** TRICARE Management Agency—The Fiscal 2000 National Defense Authorization Act mandated the establishment of Beneficiary Counseling and Assistance Coordinator (BCAC) positions, full time at lead agent office and collaterally at Military Treatment Facilities (MTF) worldwide. BCACs are a congressionally mandated initiative, implemented by the TRICARE Management Activity to improve customer service satisfaction, enhance beneficiary education, and help reduce the volume of Congressional inquiries from beneficiaries. Also, to assist TRICARE beneficiaries with resolving debt collection issues, the Under Secretary of Defense for Personnel and Readiness has established a Debt Collection Assistance Officer Program at every lead agent office and at every MTF worldwide. BCACs will provide priority assistance when presented documentation verifying that a collection action has been started or that negative information is reflected on beneficiaries credit reports as a result of late or non-payment for medical or dental care received through TRICARE. BCACs act as a preventive mechanism for trouble-shooting all TRICARE and Military Health System Health System issues and concerns. The local BCAC contacts are Bonnie Robles 6-7483, [bonnie.robles@vandenberg.af.mil](mailto:bonnie.robles@vandenberg.af.mil) or Judith Monroe 6-6785, [Judith.Monroe@vandenberg.af.mil](mailto:Judith.Monroe@vandenberg.af.mil) Fax 5-4785. (30MDOS/SGO, 6-3308)

**OFFICIAL**

**FRANK GALLEGOS**  
**Colonel, USAF**  
**Commander**

**Mary E. Meyer**  
**Chief, Publishing Management**

### **SECTION III — UNOFFICIAL**

#### **General Information:**

**a. Do you need a myPay Pin?** 30CPTS will be doing another myPay PIN drive at the BX on the following dates and times: 17—21 Nov 03 from 1100 to 1300, Contact MSgt Pfoser at 6-4630. (30CPTS/FMFC)

**b. Parking Lot Sale:** The 533 Training Squadron Beachside Booster Club will be holding a parking lot sale on Saturday, 22 Nov 03. All proceeds will go towards our squadron Holiday Party! The sale will run from 0800—1500. Items available will be furniture, baby items, and much, much more! Located in the parking lot of Bldg 8173, 1524 Nevada Ave. (533TRS/DOB, 6-1541 Ext.3310)

**c. Attention Military Personnel Assigned To Vandenberg:** Lodging has been granted a waiver to allow space A to book now for the Thanksgiving and Christmas holidays and to confirm stays up to ten days in lodging quarters (\$29.00 per night) during the period 5 Nov 03 through 5 Jan 04. (Waiver ends 5 Jan 04) for friends and relatives of military personnel assigned to this base. This is a great opportunity to invite friends

and relatives to visit and stay in our quarters. Book now through Mike Green at 5-7831 or 6-1844, for 0-6 and above, call 6-3711. (30SVS/SVML)

**d. Going To A Holiday Party?** Spend the night at Lodging for only \$29.00 per night. Under a special waiver, you may book a VQ now for your party night. To be eligible you must be active duty military or retired military or civilian (DOD) on active duty. (Waiver expires 5 Jan 04.) Call Mike Green at 5-7831 or 6-1844 to book. (30 SVS/SVML, 6-1844)

**e. Holiday Billboard Contest:** Registration for the 5th annual Team Vandenberg Holiday Billboard Contest is underway. Organizations decorate a 4'x4' plywood palette expressing their seasons greetings with a traditional holiday theme (sorry, no religious based themes). This contest is open to all base organizations including contractors, and multiple billboards per group are allowed. The entry fee is \$50 each. First place prize is \$150 plus a portion of the proceeds will be donated to Operation Kids Christmas in the winner's name. Second and third place winners will receive \$100 and \$50 respectively. The remaining funds will be applied toward reducing ticket costs for the 30SW Holiday Party. For additional details or to register, please contact MSgt Adrian de Silva at 6-3122, ASAP. Let's show our Holiday and Team Vandenberg spirit by participating in this worthwhile event. (30CES/CEOE, 6-7001)

**Health and Wellness Center:** (30MDG/HAWC, 6-2221)

**a. Tobacco Cessation Class:** This is a six-week class held on Tuesday, from 1200—1300 geared toward helping individuals quit tobacco for good. For class dates and more information contact the HAWC at 6-2221.

**b. Sensible Weigh Program:** This is a four-week class held at the HAWC on Wednesday from 1400—1530 and on Thursday from 0800—0930, (class #3 is held at the Commissary). This class helps individuals lose weight and learn healthy eating habits. For more information and to sign up, call the HAWC at 6-2221.

**c. Breastfeeding and Infant Care:** This class is offered to help new Moms with the proper tips and techniques of breastfeeding as well as Infant Care (Dad's are highly encouraged to attend). Class is offered quarterly for more information please call the HAWC at 6-2221.

**d. Exercising During Pregnancy:** This class gives expectant Moms the guidelines for staying fit while pregnant and is offered quarterly. For more information please call the HAWC at 6-2221.

**e. Risk Reduction Series:** A series of 3 classes offered on Thursday at the HAWC from 1400—1600. The first Thursday covers Diabetes, the second Thursday covers Cholesterol/Heart Disease and the third Thursday covers High Blood Pressure. For more information or to sign-up please call the HAWC at 6-2221.

**f. Body Fat Taping:** The HAWC conducts Body Fat Taping every day during the following hours: Monday, Wednesday & Friday from 1000—1100 and Tuesday and Thursday from 1300—1400.

**Chapel:** (30SW/HC, 6-5773)

**a. Worship Schedule: Catholic Mass:** Saturday, 1615—1645 confessions; 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II -- **Protestant:** Praise & Worship 0830 Sunday, Chapel II; Gospel 1130 Sunday, Chapel II; Traditional 1130 Sunday, Chapel I.

**b. The Vandenberg Jewish Community:** Hebrew and Bar Mitzvah classes are ongoing on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

**c. Vandenberg Officer Christian Fellowship:** The (OCF) is a non-denominational bible study meeting Thursday nights, 1900, at the home of Maj Keith and Christy Keana, 612 Cherry St. Come join us for a time of study, fellowship and prayer. Please contact Maj Keana or Christy at 734-0696 (home) or 6-6461 for more information. [Keith.keana@vandenberg.af.mil](mailto:Keith.keana@vandenberg.af.mil).

**d. Community Thanksgiving Service and Dinner:** The Chapel will be hosting an Ecumenical Thanksgiving service on Sunday, 23 Nov 03 at Chapel 1. Our worship service begins at 1700 in the Chapel followed by our fellowship Thanksgiving dinner at 1800 in the Chapel 1 annex. Everyone is invited to join us for this event. For more information, please contact Chaplain Terrinoni at 6-5773.

**e. No Thanksgiving Mass:** There will be no Catholic mass on Thanksgiving Day or Friday, 28 Nov 03. We will have our Saturday mass at 1700 on 29 Nov 03, at Chapel 2.

**Family Support Center:** (To pre-register for all classes, workshops, and seminars, call the designated point of contact, 30MSS/DPF, 6-0039).

**a. Office Closure:** The Family Support Center will be closed for staff training every Monday from 0730-0930. Personnel requiring emergency Air Force Aid will be assisted. Call 6-0039.

**b. The Mechanics of Resume Writing:** Wednesday, 26 Nov 03, 0900—1130 at the Family Support Center. Prepare or update your resume for your job search, separation or retirement! Learn about the different types of resumes, resume do's and don'ts and tips on building a powerful resume that will get you an interview.

Participants will compile a rough draft of their selected format. Workshop is open to all active duty personnel, family members, retirees, and DoD civilians. To register for this class call 6-0039.

**c. Heart Link:** Tuesday, 2 Dec 03, 0830—1400. This program is to assist civilian spouses married to an active duty member 5 years or less. The spouse will gain a greater understanding of the military community, Air Force Mission, traditions, support resources, customs, protocols and commonly used acronyms. Complimentary refreshments and lunch will be provided. The location will be Chapel 1. Free child care will be provided. To register call 6-0039.

**d. BabyMeet:** Meets Tuesday and Thursday at 0900 at the Religious Education Center, Bldg 16140. If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. Contact Lora at 734-1461.

**e. Playtime for Tots:** Meets Wednesday mornings at 1000. This playgroup is for parents and the children ages 2 to 5. Contact Sully at 734-2089.

**30<sup>th</sup> Services Squadron:** (30SVS/SVK, 6-276)

**a. Auto Hobby Shop:** (30SVS/SVRA, 6-6014)

- **Auto Safety Class:** 24 Nov 03. This safety course is "Vehicle Safety Inspection". Call the Auto Hobby Shop to sign up.
- **Early Bird Shop:** Tuesday - Thursday, shop opens at 1000.

**b. Surf Lanes Bowling Center:** (30SVS/SVRB, 6-3209/734-1310)

- **Airmen's Night:** Thursday, 1700—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Dollar Days:** Thursday, 1800—2100. \$1 per person per game.
- **Thunder Alley:** Thursday, 1800—2100; Friday, 2200—0100; Saturday, 2100—2400. Catch the ultimate glow bowl experience 3 nights a week!

**c. Breakers Dining:** (30SVS/SVMF, 6-7540)

- **Dial-a-Menu:** Call our telephone menu service and find out what's being served in your dining facility. The number is 6-8234.
- **Deployed Spouses:** Thursday, 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.

**d. Child Development Center:** (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of child care per month for parents who need a break. Give us a call and find out how you can qualify.
- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.

**e. Family Child Care:** (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Contact Gwendolyn Jones at 6-4639 or 6-3255.

**f. Fitness Center:** (30SVS/SVMP, 6-3832)

- **Fitness Contest:** 27 Oct 03 to 19 Dec 03. "Walk Your Way Through the Holidays" with this 8-week long walking contest. Sign up at the Fitness Center or the HAWC.
- **Spin on a Schwinn:** 3 Nov 03 to 19 Dec 03. Take a 10-minute ride on our new stationary bike from Schwinn, then tell what you think with a quick survey and you'll have a chance to take the bike home with you!
- **Turkey Trot Fun Run:** 19 Nov 03, 1200. Don't miss our holiday 5k/10k fun run!

**g. Library:** (30SVS/SVMG, 6-6414)

- **Pre-School Story Time:** 13 Nov 03, 1000.
- **Dial-a-Story:** The phone number is 6-4300. Available 24/7, story changes each Sunday.

**h. Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)

- **BBQ Lunch Special:** 20 Nov 03, 1100—1330. Get a tri-tip sandwich, beans, salsa, chips and beverage for just \$5.
- **Thanksgiving Turkey Shoot:** 22 Nov 03. Sign up at the Pro Shop.
- **Holiday Tee-Times:** 25 Nov 03. Drawing will be held for tee-times during the holiday weekend of 27-30 Nov 03.
- **Youth Golf Lessons:** Saturday, 1330. Lessons are available for youths ages 8 years and up. Cost is \$5 each session including use of rental club set and range balls.

**i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)

- **Horseback Ride:** 22 Nov 03, 1330-1445, Pacific Dunes Ranch.

**j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)**Entertainment/Events:**

- **Around The World:** Join us for our new "Around The World" promotion as we explore 20 beers from 20 different countries. A new beer will be available every Friday for a two week period. Pick up your passport card today!
- **70s & 80s Night:** 21 Nov 03, 2100—0200, in the E-Lounge.
- **Karaoke Night:** 21 Nov 03, 1900—2300, in the O-Lounge.
- **Mug Night:** 22 Nov 03, 2100—0300, in the E-Lounge.
- **Football Frenzy:** 24 Nov 03, 1700. N.Y. Giants vs Tampa Bay Buccaneers.
- **Bonanza Bingo:** Play Bonanza Bingo at the Club 7 days a week for just \$1 per ticket! You may win up to \$1000.

**Menu:**

- **New Foggio's Evening Hours:** Sunday, 1700—2000; Monday - Thursday, 1700—2100; Friday, 1600—2200; Saturday, 1700—2100.
- **Fried Chicken Night:** 18 Nov 03, 1600—2100.
- **2 For 1 Steak Night:** 19 Nov 03, 1800—2000.
- **Pasta Mania Buffet:** 20 Nov 03, 1700—2000.
- **Weekly Lunch Schedule:** Monday - Lunch Special; Tuesday - Mexican, Italian, or Oriental Buffet (rotates weekly); Wednesday - Santa Maria BBQ Buffet; Thursday - Chicken and Ribs Buffet; Friday - Seafood Buffet.

**k. Rod & Gun:** (30SVS/SVRR, 6-4560)

- **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.

**l. Services Center:** (30SVS/SVYR, 6-7976)

- **Dining Books:** The 2004 Discovery Dining Books are available at the Services Center for \$19.95.
- **Natural Knead Massage:** New extended hours! Monday—Friday open until 1900. Custom gift baskets, gift certificates, and couples massage packages are available.
- **Family and Teen Talent Show:** 6 Dec 03. The call is out to contestants for the family and teen talent show. If you are interested in being a part of this year's show, contact Lynn at 605-8974.

**m. Skills Development:** (30SVS/SVRS, 6-6438)

- **Ceramics Courses:** 5, 12, 19 Dec 03. Sign up early for the next batch of ceramics courses in December. Classes run on Wednesday from 1730-2030, and the cost is \$25 for all three sessions.
- **Stained-Glass Workshop:** 19 Nov 03, 1700. \$2 per hour + cost of materials.
- **Scrapbooking Workshop:** 20 Nov 03, 1800—2100. \$2 per hour + cost of materials.

**n. Swimming Pool:** (30SVS/SVRO, 6-3581)

- **Pool Closed:** Due to delays in the maintenance the pool will be closed until further notice.

**o. Veterinary Clinic:** (30SVS/SVRV, 6-3019)

- **Clinic Days:** Thursday is the normal clinic day. Pets can be seen by appointment only by calling us at 6-3019. The appointment schedule is released every Friday for the following Thursday.

**p. Youth Center:** (30SVS/SVYY, 6-2152)

- **Thanksgiving Dance:** 21 Nov 03, 1800—2000. Pre-teen dance at the Youth Center. Cost is \$1 each.
- **Thanksgiving Feast:** 22 Nov 03, 1800. The Youth Center will be holding their Open Rec Thanksgiving Feast. Bring \$1 and a covered dish and enjoy a holiday meal with the Open Rec staff.
- **Canned Food Drive:** Ongoing through November at the Youth Center. Each donation gets you an entry in the drawing for a holiday turkey which will be drawn 24 Nov 03 at 1700.

**Education Center:** (30MSS/DPHE, 5-5904)

**a. Education Center Closure:** The Base Education Center, to include Formal Training, Civilian Training and Base Training, will be closed on Monday, 24 Nov 03, from 1130 to 1400 for an official function.

**b. Spouse Scholarship Available:** Please stop by the Education Services Center to pick up information on the Spouse Scholarship Program funded by the Aerospace Education Foundation. Applications can be found at Bldg. 14001, 144 Wyoming Avenue, Education Office (across the street from the Commissary). Applications are accepted from 1 Nov 03—30 Jan 04. The 30, \$1,000 scholarships will be awarded in March. Applicants will receive a notification of their application status by the Aerospace Education Foundation. For more information, please call Ms. Jacquie Estrada at 5-5903.

**c. Need Free Money For School?!?! This school year is one in which students saw the highest hikes in tuition fees in recent years. Even though most service members have tuition assistance and in-service VA**



benefits, there are those who must look for additional financial aid for themselves or for members of their families. There are free scholarship databases such as <http://www.scholarships.com/> and <http://www.fastweb.com/>. Also, <http://www.collegeboard.com/> has information on scholarships and other types of financial aid. Service members shouldn't forget that the free application for Federal Student Aid is at <http://www.fasfa.ed.gov>. If you have any questions please contact Ms. Jacquie Estrada at 5-5903.

**d. Embry Riddle Aeronautical University:** Embry Riddle Aeronautical University offers two undergraduate degree programs in Professional Aeronautics and Technical Management. We also offer two graduate programs: Master of Aeronautical Science and Master of Science in Management. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. Registration for the Spring 2004 term begins 8 Dec 03 and continues through 19 Dec 03. Call the office for more information regarding programs and admission. Embry-Riddle is in the Education Complex, 144 Wyoming Ave. Rm A-1. Office hours are Monday - Thursday 0830—1730 and Friday 0900—1200. Our phone numbers are 6-6557/734-4076. Our email is [Vandenberg.Center@erau.edu](mailto:Vandenberg.Center@erau.edu).

#### **Computer Training:** (InDyne, 6-3771)

**a. Personal Computer Systems Training:** Call for information and dates for our new classes, Adobe Acrobat Writer, Photoshop Elements, and Advanced Access. Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook Email Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg. 9360, InDyne, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771, or e-mail: <mailto:lexi.schwartz@vandenberg.af.mil>

**b. Computer Tips: First Tip:** Automatically Start Outlook When You Turn On Your Computer - If the first thing you do after firing up your computer is starting Outlook 2000, why not save yourself a step and have it start automatically? Just put it in your StartUp folder. Click Start, Settings, Taskbar. Select the Start Menu Programs tab and click Add. Click Browse. In the Look In box, click the drive on which Outlook 2000 is installed. This will usually be C, but not always. Find the folder that contains Outlook. Double-click Outlook, then click Next. In the folder list, click StartUp, then click Next. Type a name for the shortcut and click Finish.  
**Second Tip:** To select an entire ROW in Excel, hold down the SHIFT key and hit the SPACEBAR. To select an entire COLUMN, hold down the CTRL key and hit the SPACEBAR.

**c. Available Classes:** Following are classes scheduled for the next two weeks, which have open slots:

<b>Class</b>	<b>Date(s)</b>	<b>Time</b>
Excel 2000 Advanced	20 Nov 03	0800—1100
Outlook Email Only	21 Nov 03	0800—1100
Word - Styles & Table of Contents	21 Nov 03	1130—1230
Palm PDA - Beginning	24 Nov 03	0800—1100
PWRR	24 Nov 03	1300—1600
Internet Explorer - Using Search Engines	24 Nov 03	1130—1230
Pocket PC	25 Nov 03	0800—1100
PWRR	25 Nov 03	1300—1600
PWRR	26 Nov 03	0800—1100
Outlook Email Only	26 Nov 03	0800—1100
Acrobat Reader	26 Nov 03	1130—1230
Project 2000	1-4 Dec 03	1300—1600
Workgroup Managers Course	1-5 Dec 03	0800—1600
Defense Message System 3.0	1 Dec 03	0800—1100
Outlook - Tasks: Making, Assigning, & Tracking	1 Dec 03	1130—1230
Outlook	2-4 Dec 03	0800—1100
Photo - Panorama	3 Dec 03	1130—1230
Word Advanced	5 Dec 03	1300—1600
Windows - Tips and Tricks	5 Dec 03	1130—1230
Outlook Email Only	5 Dec 03	0800—1100

**Note:** Walk-ins are always welcomed!

**American Red Cross:** (ARC, 736-5110)

**Disaster Training Classes:** The Santa Barbara County Chapter is offering courses to train volunteers to assist in a disaster. To register for these classes call 937-0778, or e-mail to [disaster@sbaco-redcross.org](mailto:disaster@sbaco-redcross.org). The courses are free of charge. They are designed to prepare individuals and groups to participate as volunteers in Red Cross activities. Be part of the solution!

**Santa Maria Office,** 222 W. Carmen Lane, 928-0778

Disaster Action Team (DAT) Workshop #4001

Wed, 19 Nov 03

1800—2000

Communications for Disaster Workers #3058

Wed, 19 Nov 03

2000—2200

#### Items For Sale:

**For Sale:** 2001 Ford Mustang-Super clean and maintained-only has 37,000 miles, and comes with the 7yr/70,000 ext warranty, metallic red- V6 manual- 5 speed, new tires-asking \$11,000 OBO (well under NADA value)-call Meredith at 734-0215/680-0893.

**For Sale:** 2001 Mustang GT convertible, 12,000 miles, 5 speed short throw shifter, chip, cold air intake, flowmaster delta muffler. Excellent condition! Must see at lemon lot! \$18,000 OBO. Call Chuck 922-1570.

**For Sale:** 2001 Ford Explorer Sport , 2-door, A/C, rear air, power steering, windows, door locks & seat. Tilt wheel, cruise control, CD, privacy glass, running boards, V6 4.0Liter automatic, 50K + highway miles, excellent condition. \$13,000 OBO. Leave message, 734-1292.

**For Sale:** 1995 BMW 325i convertible, Prem/Sport pkg, lthr, chrome wheels, steel grey/grey, Blk fully automatic top, Tiptronic trans., trip computer, new tires and brakes. Kelly blue book \$16,500 asking \$13,900 please call 734-1289.

**For Sale:** 1989 Chevy Silverado 4x4 LB, needs transmission work. New radiator and gaskets from heads up. \$2700. Please call 805-714-4240.

**For Sale:** 1988 Chevy Silverado K5 Full Size Blazer. Classic older SUV. Asking \$4950 OBO. Home audio set of Klipsch speakers (KM series) three speakers total: right, left & center channel. Great speakers in excellent condition. Asking \$500 for all three (original cost: over \$1100). Any questions, call 734-6985

**For Sale:** 1986 Honda Prelude Si 2.0. Original owner. All the features. 123K miles; good for another hundred thousand. 25-mpg while commuting, more on highway. \$3,000. 733-4245 after 1700.

**For Sale:** 1983 Saab 900. Great work car. Automatic, PW, sunroof. \$1,000 OBO. 734-0379.

**For Sale:** 1959 VW Beetle-An original CA car-runs great-still has the original 1300cc 6-volt air cooled motor (rebuilt 2x)-this is a RARE classic, and will please any VW collector. Can be viewed on the Used Car Lot on base. Asking \$ 3,500 (NADA retails this classic at \$5,200 average). Call 734-0215/680-0893.

**For Sale:** 2001 Kawasaki ZX-9R, Excellent condition, well maintained, 17K miles, new rear tire, lots of power. \$6000 Firm. Call Rob 588-2001 or Home, 734-4311. Leave a message.

**For Sale:** 2000 Ranger R-61 bass boat, Yamaha C-90, Minn-kota 50lb. thrust, two fishing chairs, plus hydraulic pedestal seat, 2 Garmin 160s, on-board charger, custom cover paid \$15,925 total - asking \$11,500 OBO. 734-6795.

**For Sale:** RCBS Rock Chucker Reloading Kit. New-in box. \$150. Call 734-0176. Leave message.

**For Sale:** Black, 7-piece Bedroom set: includes dresser, mirror, chest, end table, lamp, floor lamp, and headboard. Asking \$130 OBO. Call 734-2205.

**For Sale:** 3-piece Sectional Couch, includes 2 reclining seats with massagers \$250.00. Washer and dryer, \$100.00 for both. Call 734-1936.

**For Sale:** Solid pine bunk bed \$150, 2 Upright dressers \$30 each, 1 Twin bed and wood frame \$50, 2 ton Jack stands \$10. Call 734-1972.

**For Sale:** White GE Microwave Oven-\$25 OBO, Men's Huffy Mountain Bike-\$20 OBO, call Matt or Debbie at 734-0993.

**For Sale:** Soloflex with 400lbs of rubber band weights, instructions and leg/butterfly attachment. \$250 OBO, cash only please. The Soloflex is located in Bldg 1800. Call TSgt Dominice at 737-0430.

**Moving Sale:** Queen size mattress & boxspring; bookshelf; computer desk; make offer, 735-2291

**For Sale:** Cocker Spaniel, 8-month old female. Parti-colored (white/cinnamon); a beautiful dog. Potty/Crate trained. Loves attention, kids, other animals. I'm unable to give her the attention she deserves! AKC registered. \$300. Contact Doug at 734-1524.

**Free Dog:** AKC Male German Shepherd, 18 months old. Free to a good loving home! Please call John at home: 938-0398 or cell: 478-0722.